

# GROUND AVOIDANCE/GROUND ESCAPE

*Instructor(s): Don May & James Raty*

## Course Description:

### Participants will learn:

- Three key principles to reduce the chance of injury from a fall.
- Control resistance from a standing position.
- Proper emergency falling and cover positions.
- Standing avoidance techniques in open and narrow environments.
- Ground defense positions and strikes to recover to standing.
- Four most common ground positions.
- Escapes from the four common ground positions.

Folks will participate in instructor lecture, group discussion, instructor demonstration and participant demonstration. Please wear clothing and shoes that are comfortable (sweats, t-shirts, etc., no shorts). This course will consist of very close physical encounters and techniques.

**Date:** June 10, 2008

**Time:** 8:00am – 4:00pm

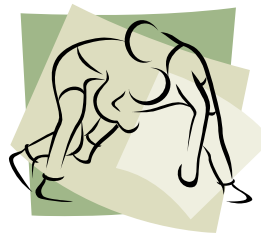
**Location:** DOC Training Center  
442 Golf Course Road, Deer Lodge, MT 59722

**To register contact:** Geri Mason  
406-846-1320 ext 2307  
gmason@mt.gov

**IF ADEQUATE NUMBERS ARE NOT REGISTERED THE CLASS WILL BE CANCELLED**

DOC staff must complete a training request form and receive approval from their supervisor(s) prior to attending this course.

*Awareness is the first step to  
positive change.*  
-- Leslie C. Aguilar



**This course is  
POST certified.**

The DOC Training Unit makes reasonable accommodations for any known disability that may interfere with a person's ability to participate in training. Persons needing an accommodation must notify the Training Unit no later than 2 weeks before the date of training to allow adequate time to make needed arrangements. To make your request known, you can call 406-846-1320 ext. 2307 or gmason@mt.gov.

For additional training opportunities, you may go to the DOC **Internet** web @ <http://www.cor.state.mt.us/Resources/Training.asp>; or the DOC **Intranet** web @ [http://mycor.cor.mt.gov/Human\\_Resources/Training/SchAnnForms.asp](http://mycor.cor.mt.gov/Human_Resources/Training/SchAnnForms.asp)